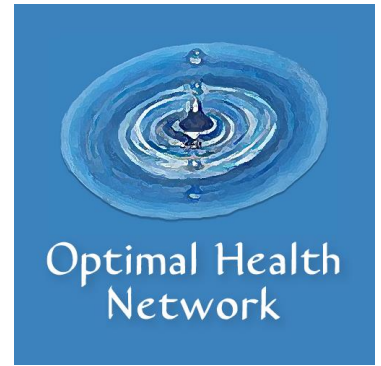


# Anal Fissure Enema Kit

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**SKU 3005-SK / 3006-SK / 3009-SK / 3012-SK**

The **BASIC** version of this kit includes 1 each of the following products:

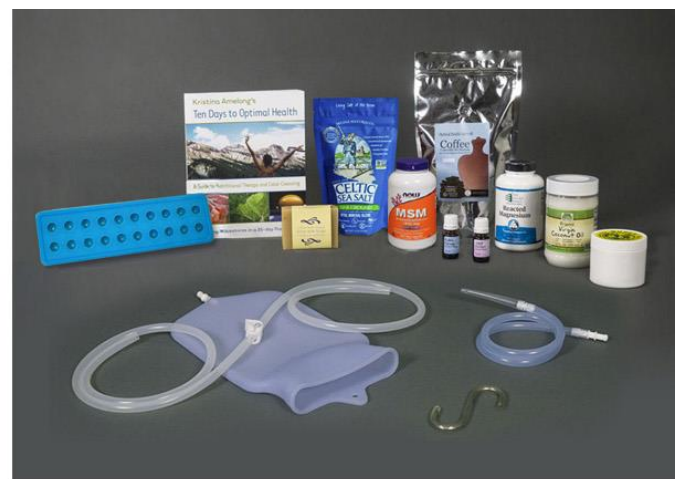
1. 2-Quart Easy Enema Kit with Colon Tube
2. OHN Anal Fissure Essential Oil Blend - 10 ml (160 drops)
3. Organic Virgin Coconut Oil - 12 fl oz
4. *Ten Days to Optimal Health* Book
5. Super Salve - 6 oz
6. NOW MSM 1000 mg - 240 capsules
7. Ortho Reacted Magnesium - 180 capsules
8. Rounded 20-Cube Suppository Tray (*two options: small or large diameter*)

The **DELUXE** version of this kit also includes 1 each of the following enema series supplies:

9. Frankincense and Myrrh Goat Milk Soap
10. OHN Colon Cleanse Essential Oil Blend - 10 ml
11. Celtic Sea Salt - 1 lb
12. OHN Organic Enema Coffee - Ground - 1 lb



**Anal Fissure Enema Kit - Basic**



**Anal Fissure Enema Kit - Deluxe**

Anal fissures are tears in the anal canal, usually caused by overstretching the anus. Anal fissures can also be caused or exacerbated by irritable bowel syndrome (IBS), *Candida albicans* (yeast infection), chronic diarrhea, hemorrhoids, or other biochemical imbalances that leave the anus inflamed.

Fissures occur in both men and women and at all ages. The prime symptom of an anal fissure is pain, which is often extreme. This pain occurs during, and for minutes to hours after, defecation. Bright red blood is also a common symptom.

This anal fissure kit has helped many of our clients overcome anal fissures without surgery. Maintaining daily regularity, maximizing tissue support, and minimizing anal stretching are the optimal conditions for supporting anal health.

**This anal fissure kit is safe while pregnant and nursing.** In fact, these products are highly recommended during those times, if you have an anal fissure or are at risk of an anal fissure.

**PROTOCOL NOTES:** The 10-ml OHN Anal Fissure Essential Oil Blend contains enough doses to follow the protocol for 30 days. Most people see results within 30 days, but some need to continue the protocol for 3-6 months. If you wish to continue the suppository protocol beyond 30 days, you can purchase an additional bottle of [OHN Anal Fissure Essential Oil Blend](#). This kit contains an 80-day supply of MSM and roughly a 30-60 day supply of Reacted Magnesium, depending on your daily dosage. If you wish to continue the supplement protocol beyond the initial supply, you can purchase our [Anal Fissure Kit Refill](#).

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## IN-DEPTH GUIDANCE ON OUR WEBSITE



[Learn More About  
OHN's Anal Fissure  
Treatment Protocol](#)



[Learn More  
About The  
Enema Series](#)



[How To Make  
Coconut Oil  
Suppositories](#)

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## SUGGESTED USE

**Ortho Reacted Magnesium** — This form of magnesium promotes [soft, type 4 stools](#) and helps to minimize irritation to the anus. Start by taking **1 capsule 3 times daily with or without food** and increase up to bowel tolerance as needed to achieve soft stools. (If you start to experience diarrhea or overly loose stools, reduce the dosage.)

**NOW MSM 1000 mg** — MSM is a safe and naturally effective supplement which helps to alleviate inflammatory conditions and heal tissues. Most people notice a distinct healing of their anus within a day or two of taking MSM orally. Start by taking **1 capsule 3 times daily with or without food**.

**Super Salve** — This salve nourishes and heals the tissues of the anus and works as an antioxidant. In addition it is antibacterial and antifungal. Use this salve multiple times per day on the anus (a **dime-sized** amount per use). See our [blog post on Super Salve](#) for further details.

**Suppositories** — This kit includes a suppository tray, coconut oil, and OHN's special blend of healing essential oils: cypress, frankincense, geranium, lavender, myrrh, Roman chamomile, tea tree, and ylang ylang. Used in a nightly suppository, this blend provides effective support to regenerate the skin, restore elasticity, reduce bleeding and inflammation, and help prevent infection. **Use 5-10 drops of this oil blend per suppository.**

## RECOMMENDED PROBIOTIC

Because an excess of unhealthy bacteria in the colon promote anal irritation, I also recommend taking a daily probiotic such as Ortho Molecular's [Ortho Biotic](#) (not included in this kit).

## THERAPEUTIC ENEMAS

Given that poor healing of anal fissures can be due to a stretching and irritation of the anus by the pressure and contents of stool, colon cleansing can be a tremendous healing modality. By cleaning out the entire colon during the first days, weeks, or perhaps months, you will increase the speed of your healing and prevent the tender anal area from tearing again.

For optimal cleansing, I recommend the [enema series](#), which consists of three therapeutic enemas, taken one after the other, each with a different solution. The first enema uses OHN's made-for-enema Frankincense and Myrrh Goat Milk Soap, the second enema uses sea salt and OHN Colon Cleanse Essential Oil Blend, and the third is a coffee enema. (The DELUXE version of this kit includes these enema series supplies.)



**IMPORTANT:** For some people working to heal fissures, enemas can be counterproductive, particularly if the fissure is extremely painful. Sometimes it is best to wait until the fissure has healed slightly before starting enemas. Listen to your body and do enemas only if they do not aggravate your fissure pain at the current point in your healing process.

## DIET

When healing fissures, I recommend that you **avoid** gluten, pasteurized dairy, sugar, spicy foods, and alcohol. Your diet should include a good amount of **healthy fats and oils**. For in-depth dietary support to optimize not only your healing but also your broader long-term health, I recommend that you work through my book, [Ten Days to Optimal Health: A Guide to Nutritional Therapy and Colon Cleansing](#). This 35-day nutritional and cleansing program, laid out in 10-day segments, is an easy-to-follow, step-by-step approach using colon cleansing and appropriate foods to bring your body toward a state of optimal health.

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If you need more support to reach your health goals, please contact me, **Kristina Amelong, CCT, CNC**, at the number below to schedule a phone consultation.

OPTIMAL HEALTH NETWORK — 3714 Atwood Avenue, Madison, Wisconsin 53714  
Office Hours: MON-FRI: 9 am to 4 pm Central Time — Ph: **(608) 242-0200**

**DISCLAIMER: When you purchase any product from Optimal Health Network, Inc., we must presume that it is for personal use under the direct supervision of your medical doctor.**